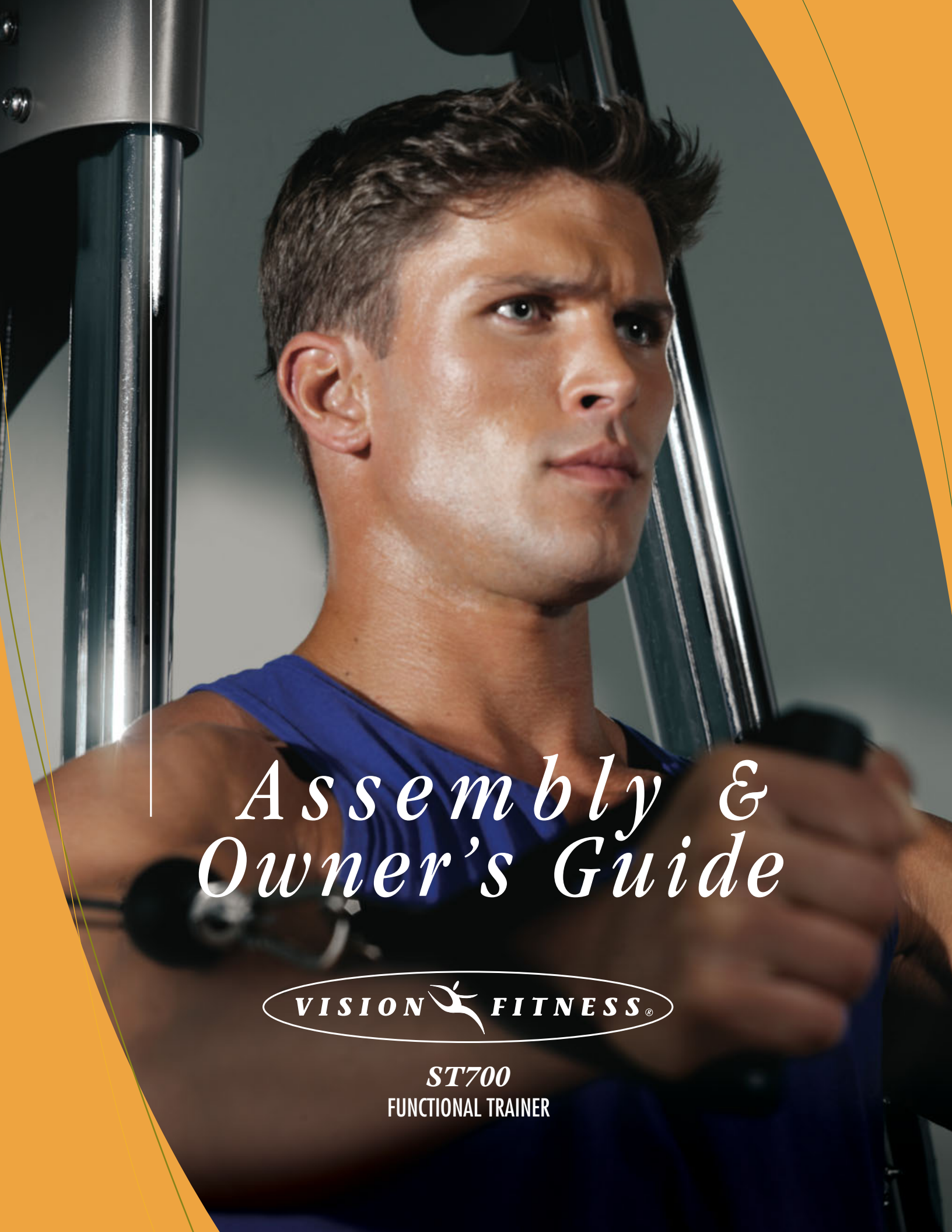


Assembly & Owner's Guide

VISION FITNESS®

ST700

FUNCTIONAL TRAINER

Table of Contents

ASSEMBLY GUIDE

ASSEMBLY GUIDE 4
HARDWARE BAGS 6
STEP 1: ORANGE BAG 9
STEP 2: BLUE BAG 10
STEP 3: PINK BAG 11
STEP 4: GREEN BAG 12
STEP 5: CABLE #1 13
STEP 6: CABLE #2 14
STEP 7: CABLE #3 15
STEP 8: CABLE #4 16
STEP 9: BLACK BAG 17
STEP 10: YELLOW BAG 18

OWNER'S GUIDE

EFFECTIVE RESISTANCE 19
RESISTANCE TRAINING BENEFITS
& TIPS, WORKOUT VARIATIONS 20
TRAINING PROGRAMS 21
STRETCHING 22
INCLUDED ACCESSORIES 24
FUNCTIONAL TRAINER EXERCISES 26
MAINTENANCE SCHEDULE 32
COMMERCIAL WARRANTY 33
WORKOUT LOGS 34

Assembly & Owner's Guide

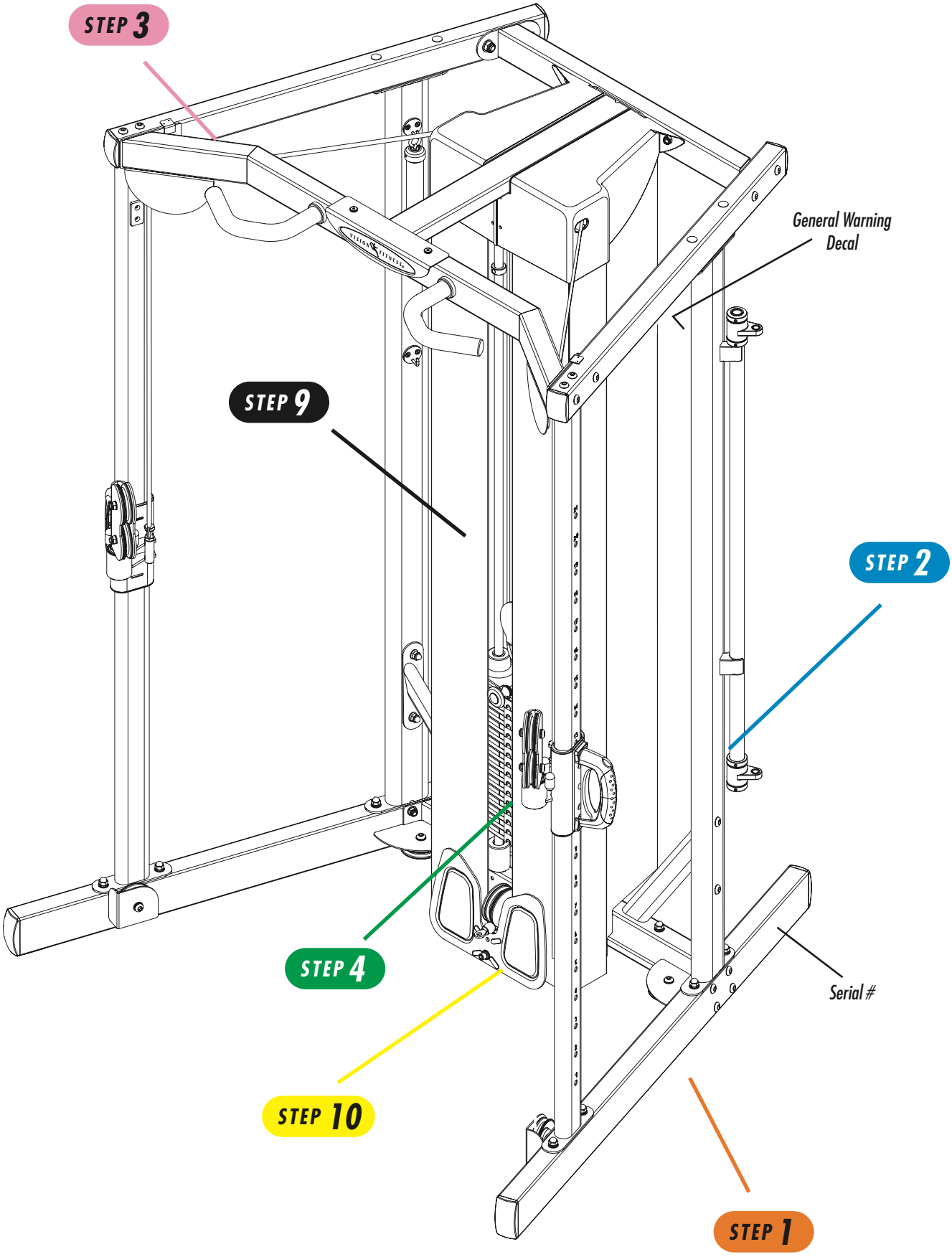
ST700
FUNCTIONAL TRAINER

To avoid possible damage to this Functional Trainer, please follow these assembly steps in the correct order. Before proceeding, find your new Functional Trainer serial number located on the side of the right floor support (AC3), and enter here:

_____

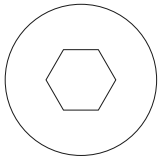
Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Assembly/Owner's Guide before using your new Functional Trainer.
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12

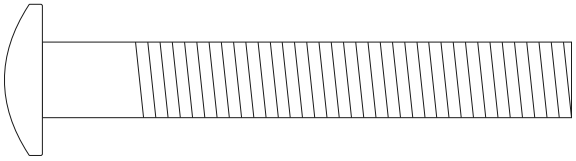
NOTE: During assembly, it is recommended to ensure that all bolts are in place and partially threaded before completely tightening any one bolt. During assembly steps 1 thru 4, do not completely tighten any bolts until completion of Step 4.


STEP 3
General Warning Decal
STEP 9
STEP 2
STEP 4
Serial #
STEP 10
STEP 1

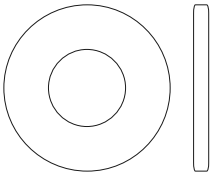
HARDWARE INCLUDED

ORANGE BAG

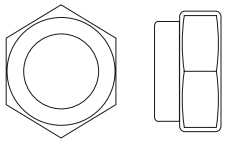




M10 x 70 Bolt
Quantity: 8

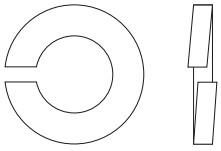


10.2 x 22 x 2
Flat Washer
Quantity: 16

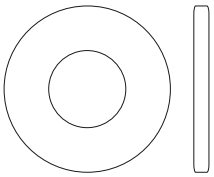


M10 Nylon Nut
Quantity: 8

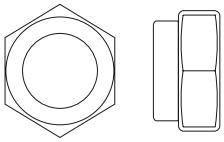
BLUE BAG



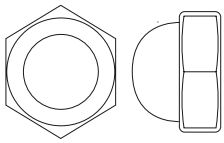
10.2 x 18.4 x 2.5
Lock Washer
Quantity: 13



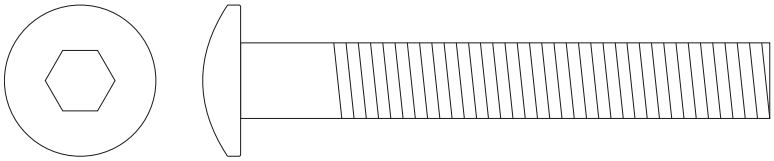
10.2 x 22 x 2
Flat Washer
Quantity: 21



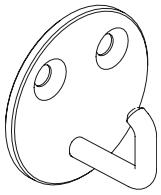
M10 Nylon Nut
Quantity: 4



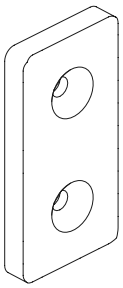
M10 Acorn Nut
Quantity: 12



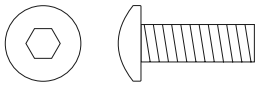
M10 x 70 Bolt
Quantity: 5



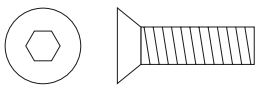
Accessory
Storage Hook
illustration not to scale
Quantity: 2



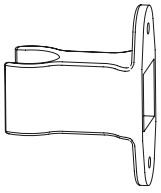
Rubber Stop
illustration not to scale
Quantity: 2



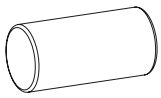
M5 x 15 Bolt
Quantity: 4



M5 x 15 Flathead Screw
Quantity: 8



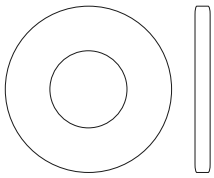
Snap Hook
illustration not to scale
Quantity: 2



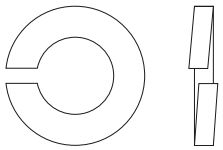
Add-on Weight Storage Post
(illustration not to scale)
Quantity: 1

HARDWARE INCLUDED

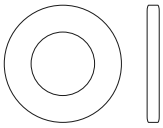
PINK BAG



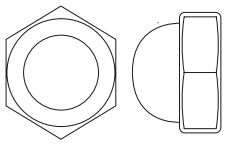
10.2 x 22 x 2
Flat Washer
Quantity: 30



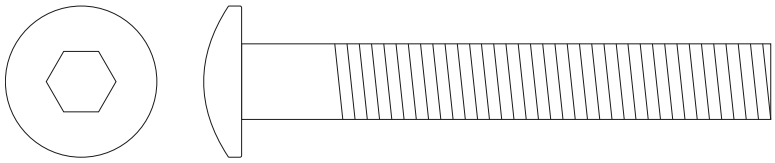
10.2 x 18.4 x 2.5
Lock Washer
Quantity: 10



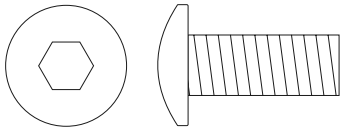
8.4 x 15.5 x 1.6
Flat Washer
Quantity: 2



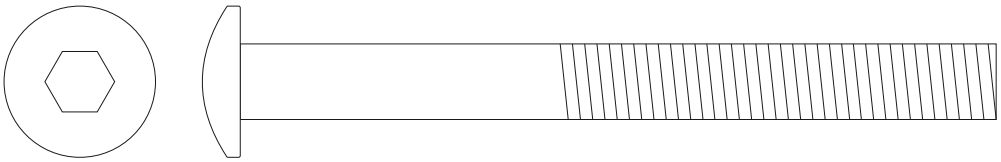
M10 Acorn Nut
Quantity: 4



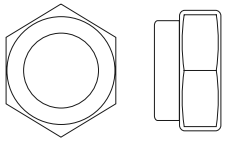
M10 x 70 Bolt
Quantity: 12



M8 x 20 Bolt
Quantity: 2

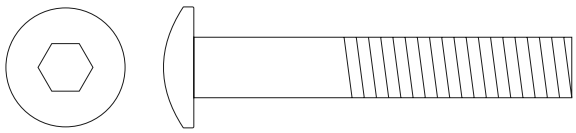


M10 x 100 Bolt
Quantity: 4

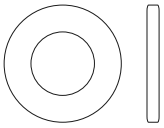


M10 Nylon Nut
Quantity: 10

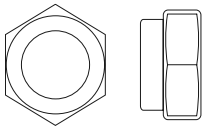
GREEN BAG



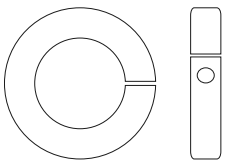
M8 x 50
Flat Washer
Quantity: 2



8.4 x 15.5 x 1.6
Flat Washer
Quantity: 4



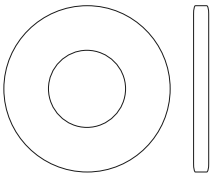
M8 Nylon Nut
Quantity: 2



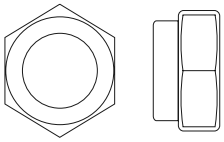
Travel Limiter Ring
illustration not to scale
Quantity: 1

HARDWARE INCLUDED

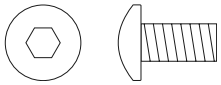
BLACK BAG



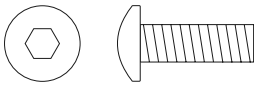
10.2 x 22 x 2
Flat Washer
Quantity: 4



M10 Nylon Nut
Quantity: 2

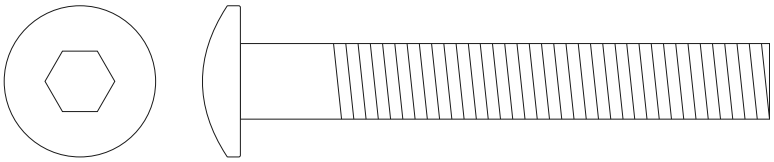


M5 x 10 Bolt
Quantity: 4

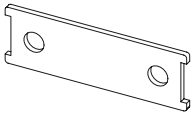


M5 x 15 Bolt
Quantity: 12

Slip-on Nut
illustration not to scale
Quantity: 4

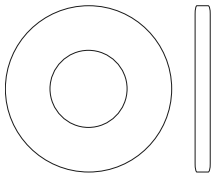


M10 x 70 Bolt
Quantity: 2

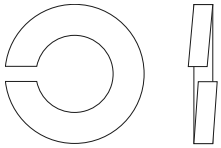


Z19 Connecting Bracket
illustration not to scale
Quantity: 2

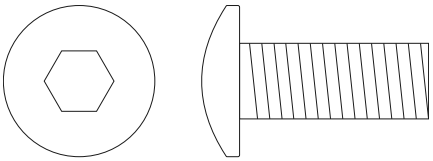
YELLOW BAG



10.2 x 22 x 2
Flat Washer
Quantity: 2



10.2 x 18.4 x 2.5
Lock Washer
Quantity: 2

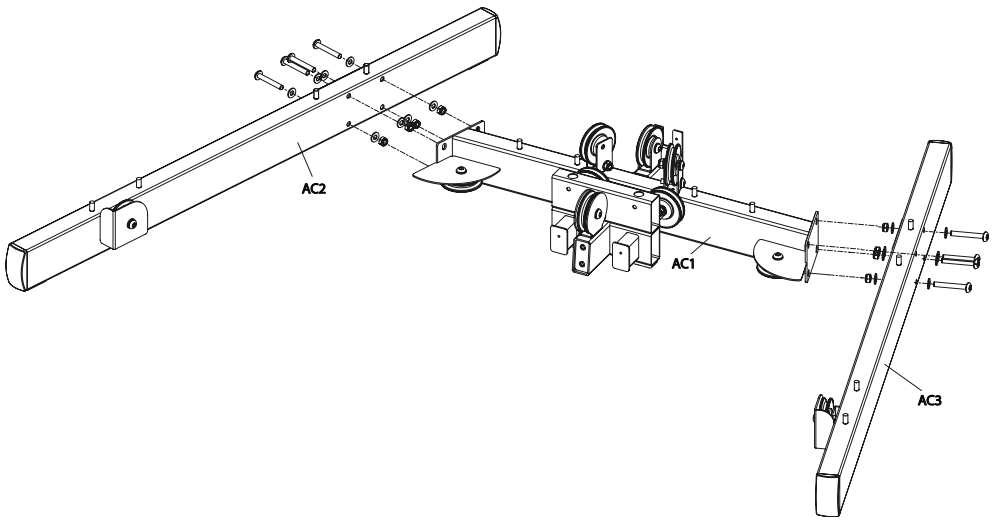


M10 x 25 Bolt
Quantity: 2

STEP 1 ORANGE BAG

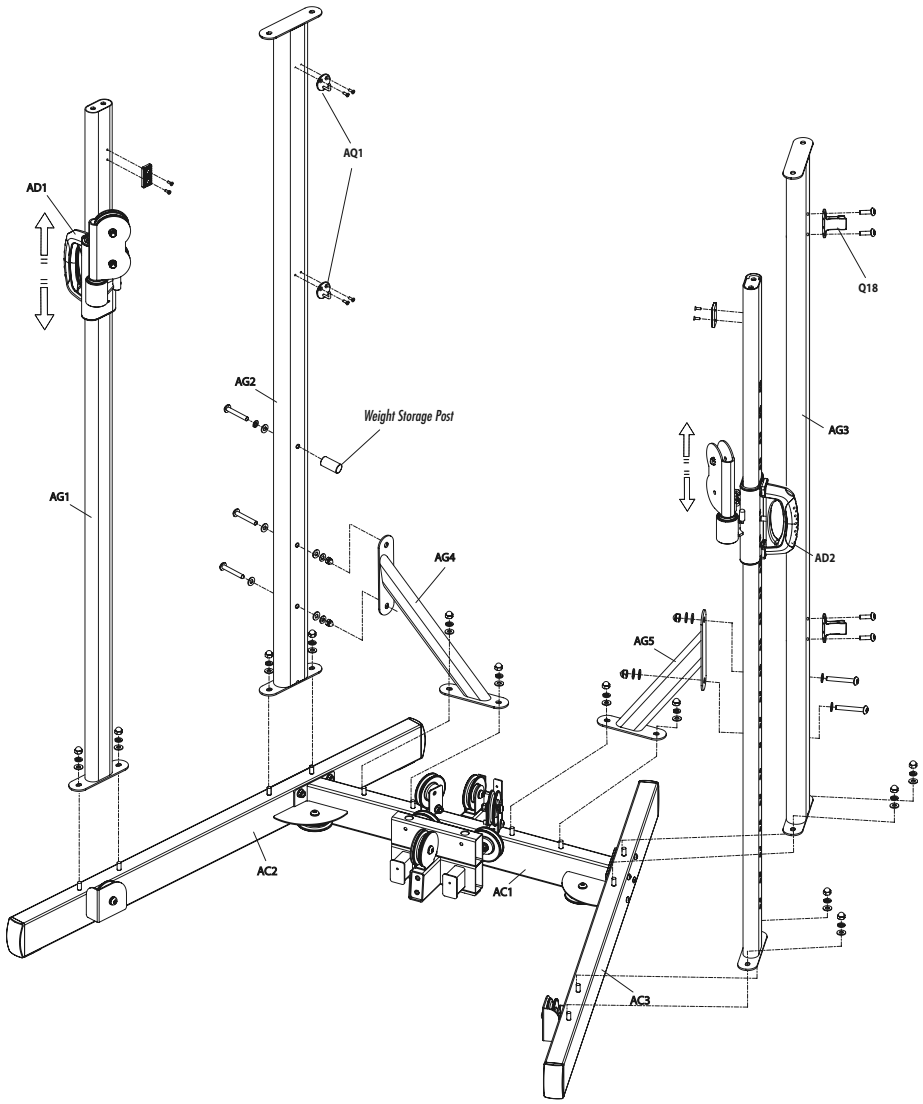
NOTE: During assembly, it is recommended to ensure that all bolts are in place and partially threaded before completely tightening any one bolt. During assembly steps 1 thru 4, do not completely tighten any bolts until completion of Step 4.

• Lay the center floor support (AC1) on the ground, floor pads down. Attach left floor support (AC2) to center floor support by sliding four bolts (M10x70) with four flat washers (10.2x22x2) through the holes, and securing bolts with four more flat washers (10.2x22x2) and four nylon nuts (M10). Repeat for attaching right floor support (AC3).



STEP 2

BLUE BAG



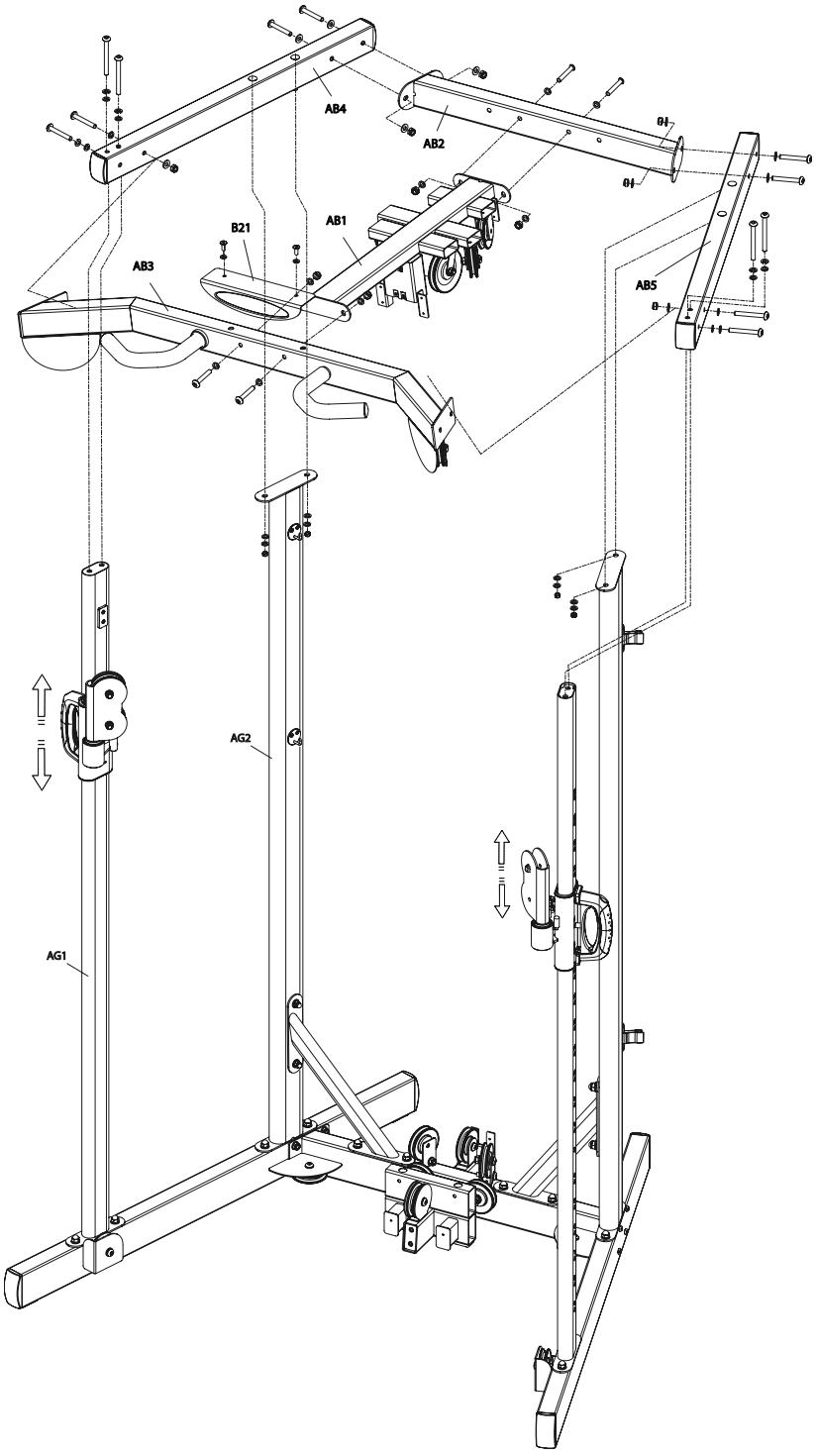
• Place the chrome front upright (AG1) over the protruding bolt ends on front of left floor support (AC2), making sure numbers and holes are facing outward. Secure using a flat washer (10.2x22x2), lock washer (10.2x18.4x2.5), and an acorn nut (M10) on each bolt end. Slide the left adjustment handle (AD1) onto the upright from the top, keeping the handle on the side with the holes. Repeat this process for the front upright assembling AD2 to it on the right floor support (AC3). Attach a rubber stop to the holes provided at the top of the left and right chrome tube using four flathead screws (M5x15).

• Take the left rear upright (AG2) and stand it over the protruding bolts on the left floor support (AC2) , making sure the horizontal holes face inward of the machine. Secure using a flat washer (10.2x22x2), lock washer (10.2x18.4x2.5), and an acorn nut (M10) on each bolt end. Repeat this process for right rear upright (AG3) on the right floor support (AC3). Make sure the horizontal holes face the outside. Attach two accessory hooks (AQ1) to the left rear upright (AG2) with four flathead screws (M5x15). Attach the weight storage post with a lock washer (10.2x18.4x2.5), a flat washer (10.2x22x2), and a bolt (M10x70). Attach the two plastic snap hooks (Q18) to the outside of the right rear upright (AG3) with four round head bolts (M5x15).

• Place the left stabilizer support (AG4) over the protruding bolt ends on left side of center floor support (AC1). Do not secure that connection until later. Slide two bolts (M10x70) with flat washers (10.2x22x2) through holes in left rear upright (AG2) and stabilizer support. Slide another flat washer onto each bolt and secure using an nylon nut (M10). Now, secure the stabilizer to the protruding bolt ends using a flat washer (10.2x22x2), lock washer (10.2x18.4x2.5) and an acorn nut (M10). Repeat this process for the right stabilizer support (AG5).

STEP 3

PINK BAG



• Place the top left frame (AB4) on the left side uprights (AG1 & AG2), with the protruding bolt ends going through holes in the left rear upright (AG2). Slide a flat washer (10.2x22x2) and lock washer (10.2x18.4x2.5) over each bolt end, and secure with an acorn nut (M10). Secure two bolts (M10x100) with a lock washer (10.2x18.4x2.5) and a flat washer (10.2x22x2) through holes over the top of front chrome upright (AG1). Repeat this process for top right frame (AB5).

• Place the top rear frame (AB2) up against the back of the top left and right frames (AB4 & AB5). Insert two bolts (M10x70) with flat washers (10.2x22x2) through the holes on both sides of top frames, and secure the connection with another flat washer on each bolt, and a nylon nut (M10).

• Take the top center pulley support (AB1) with the pulley bracket side down, place the holes on the short end over the middle holes in top rear frame (AB2). Secure in place by sliding two bolts (M10x70) with flat washers (10.2x22x2) through the holes. Slide another flat washer onto each bolt and tighten with a nylon nut (M10).

• Grab the top front frame (AB3) and align the holes in the center with the holes in top center pulley support (AB1). Slide two bolts (M10x70) with flat washers (10.2x22x2) through the holes, placing another flat washer onto the bolts and securing with a nylon nut (M10). To connect to both left and right top frames (AB4 & AB5), slide a bolt (M10x70) with a lock washer (10.2x18.4x2.5) and flat washer (10.2x22x2) through the front holes in the connection points (See diagram for clarification). For other hole, use a bolt (M10x70) with a flat washer (10.2x22x2) and connect other side of bolt using another flat washer and a nylon nut (M10). Tighten the two front center bolts.

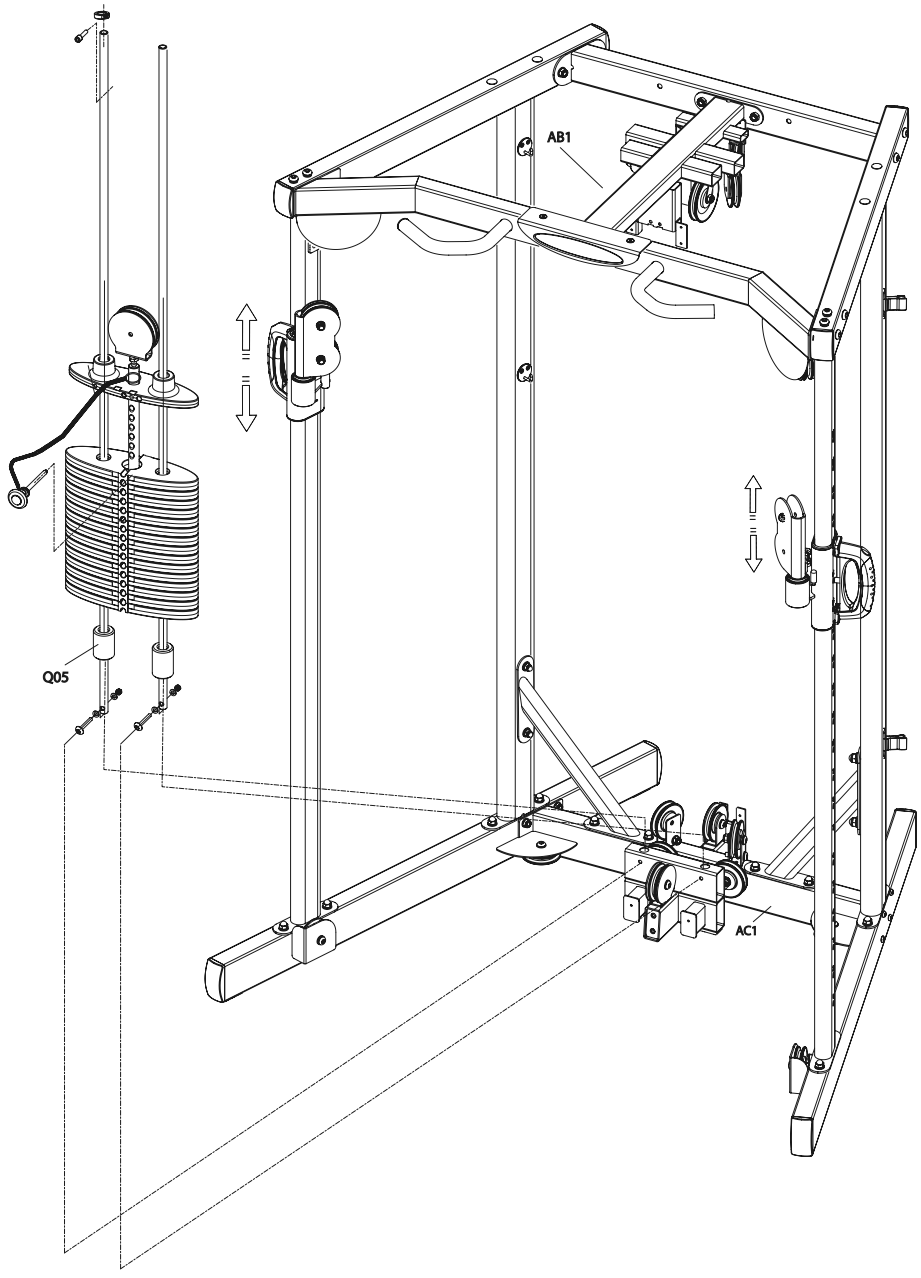
• Attach the top front frame cover (B21) to the top front frame (AB3) using two bolts (M8x20) and two flat washers (8.4x15.5x1.6).

STEP 4

GREEN BAG

• Place the two rubber bumpers (Q05) over the holes for the guide rods in center floor support (AC1). With the horizontal holes at the bottom, slide the guide rods through the rubber bumpers and into center floor support. Let the guide rods tilt forward. Slide each of the 15 weight plates over both of the guide rods on top of one another. Place the header weight plate over both guide rods on top of other weight plates. Slide a travel limiter ring on the left guide rod, tightening the ring 10.5" (bottom edge of ring) from the top.

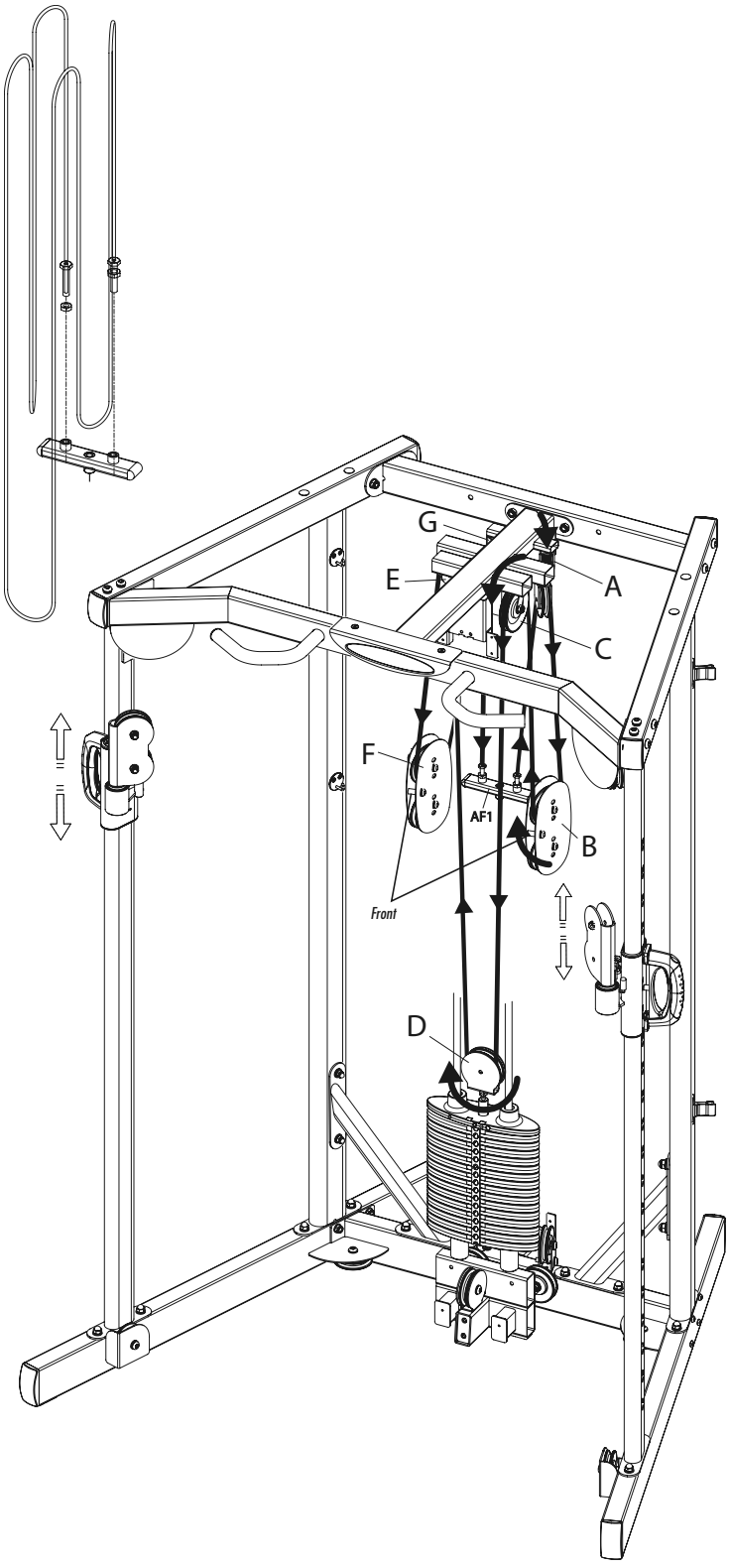
• Make sure rubber guide rod sleeves are in place in top holes of the center pulley support(AB1). Lift the guide rods up until holes in guide rods are lined up with holes in center floor support. Slide a bolt (M8x50) with a flat washer (8.4x15.5x1.6) through each guide rod, securing bolt with another flat washer and nylon nut (M8). Tighten all hardware (horizontal hardware first, then vertical hardware).

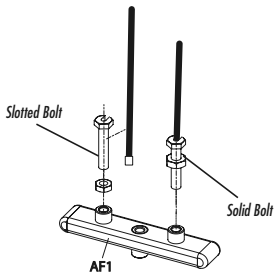


STEP 5

CABLE #1

Attach the solid bolt to the floating cable anchor (AF1). Take the slotted bolt and nut off of the opposite end. Route this end up over pulley A, down around pulley B of floating pulley bracket (see diagram for floating pulley bracket orientation) up over C, down around D of weight stack, up over front of E, down around front of F, and up over the front of G. Reattach the slotted bolt and nut to the end of the cable. Thread into the other opening of the floating cable anchor. After adjusting both slotted bolts, tighten the nuts against the floating cable anchor. ***NOTE: All bolts for cable attachments must have a minimum of 0.5" of thread engagement. Failure to do so can cause serious injury!***

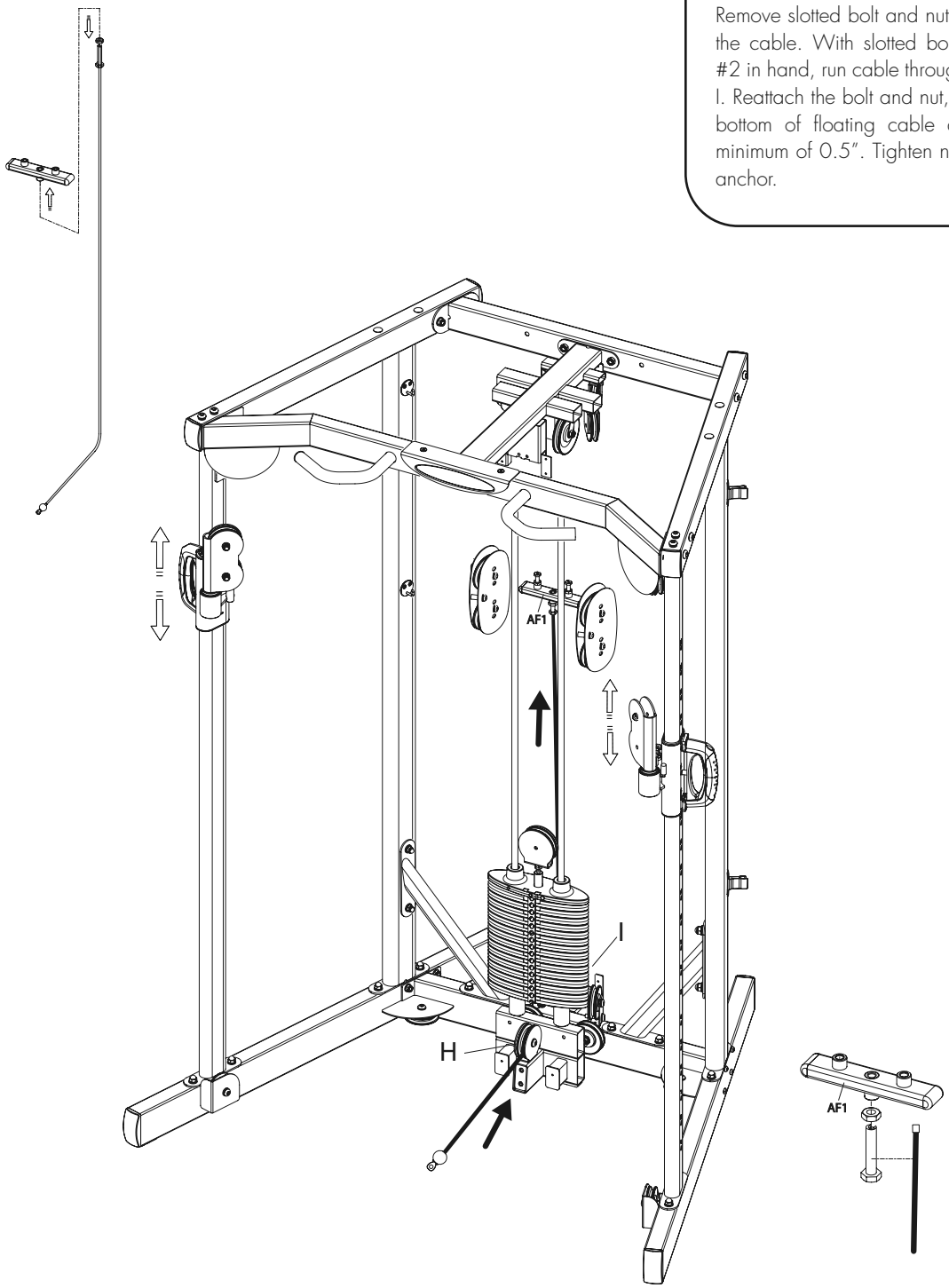




STEP 6

CABLE #2

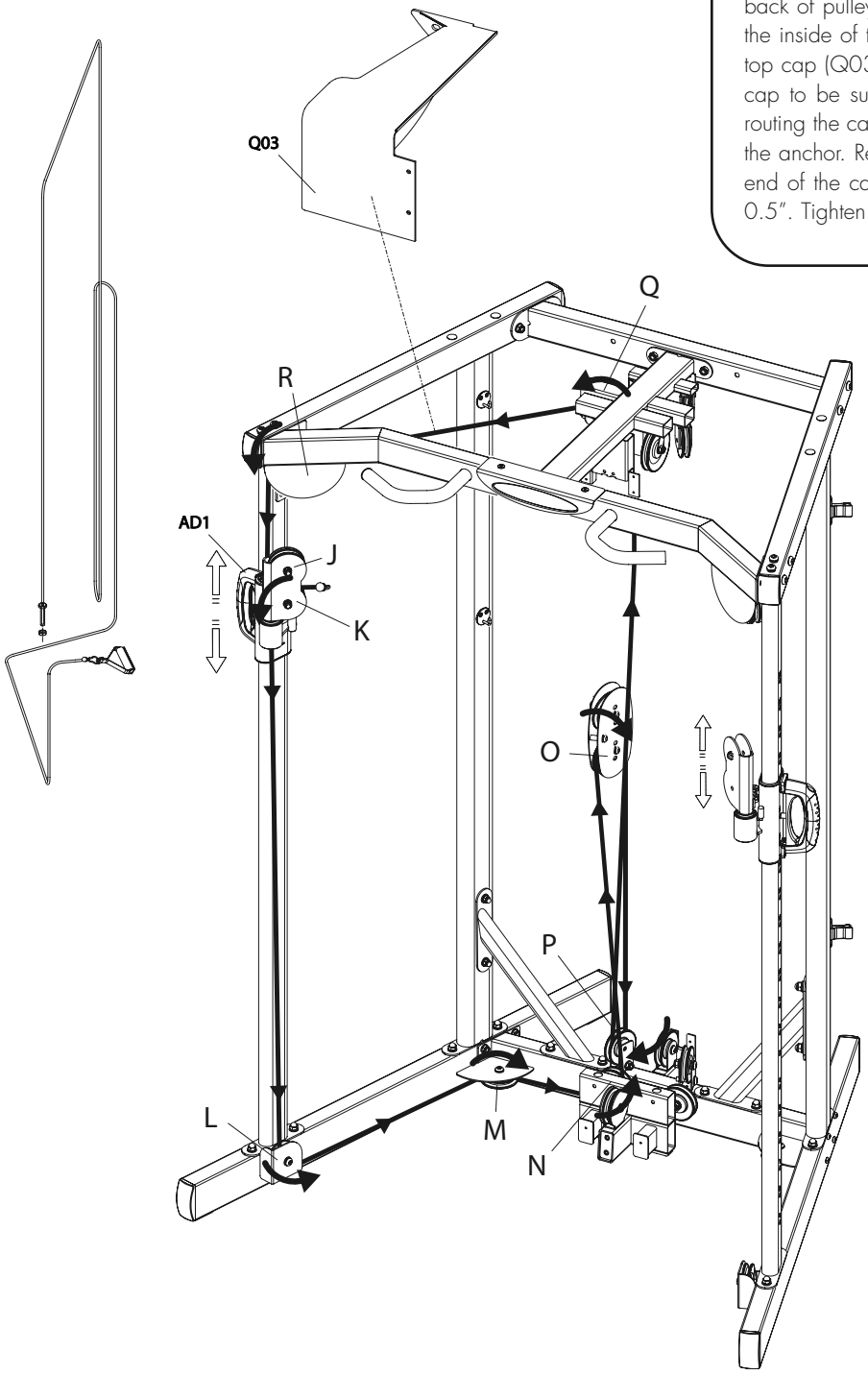
Remove slotted bolt and nut from the end of the cable. With slotted bolt end of Cable #2 in hand, run cable through Pulleys H and I. Reattach the bolt and nut, and thread into bottom of floating cable anchor (AF1) a minimum of 0.5". Tighten nut against cable anchor.



STEP 7

CABLE #3

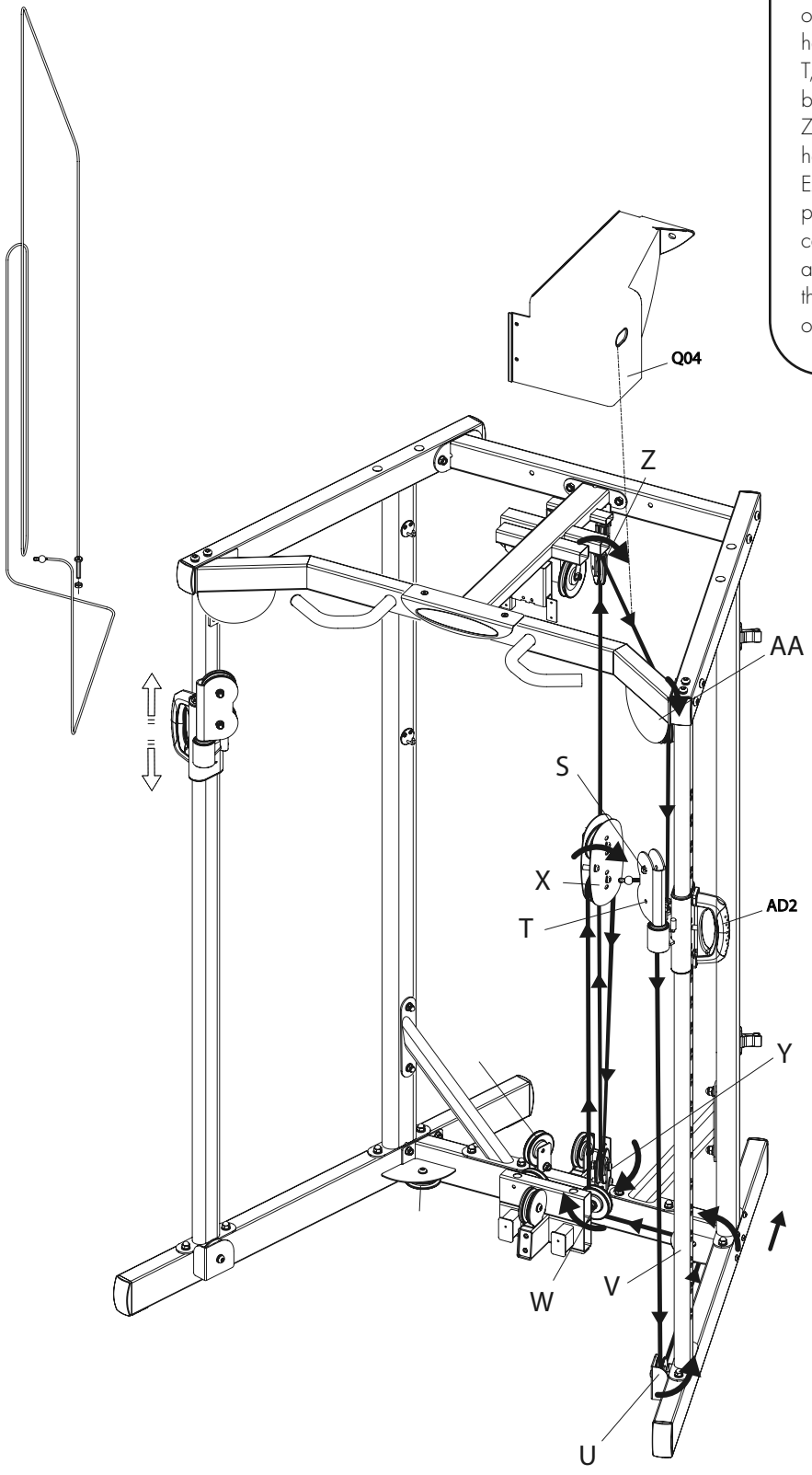
Remove slotted bolt and nut from the end of Cable #3. Cable #3 starts at the left adjustment handle (AD1). Guide the cable in between Pulleys J and K and down length of upright, around Pulleys L, M, N. Weave the cable up around the front of pulley O, through the back of pulley P, and over the back of pulley Q. Guide the cable through the inside of the hole on the side of the left top cap (Q03). Exit the hole and allow the cap to be suspended by the cable. Finish routing the cable over Pulley R and down to the anchor. Reattach the bolt and nut to the end of the cable and thread in a minimum 0.5". Tighten nut against anchor.



STEP 8

CABLE #4

Remove the nut and slotted bolt from the end of cable #4. Starting at the right adjustment handle (AD2), route cable through pulleys S, T, U, V, W, through the front of X, around the back of pulley Y and over the back of pulley Z. Guide the cable through the inside of the hole on the side of the right top cap (Q04). Exit the hole and allow the cap to be suspended by the cable. Finish routing the cable over Pulley AA and down to the anchor. Reattach the slotted bolt and nut to the end of the cable. Thread it in a minimum of 0.5". Tighten nut against anchor.



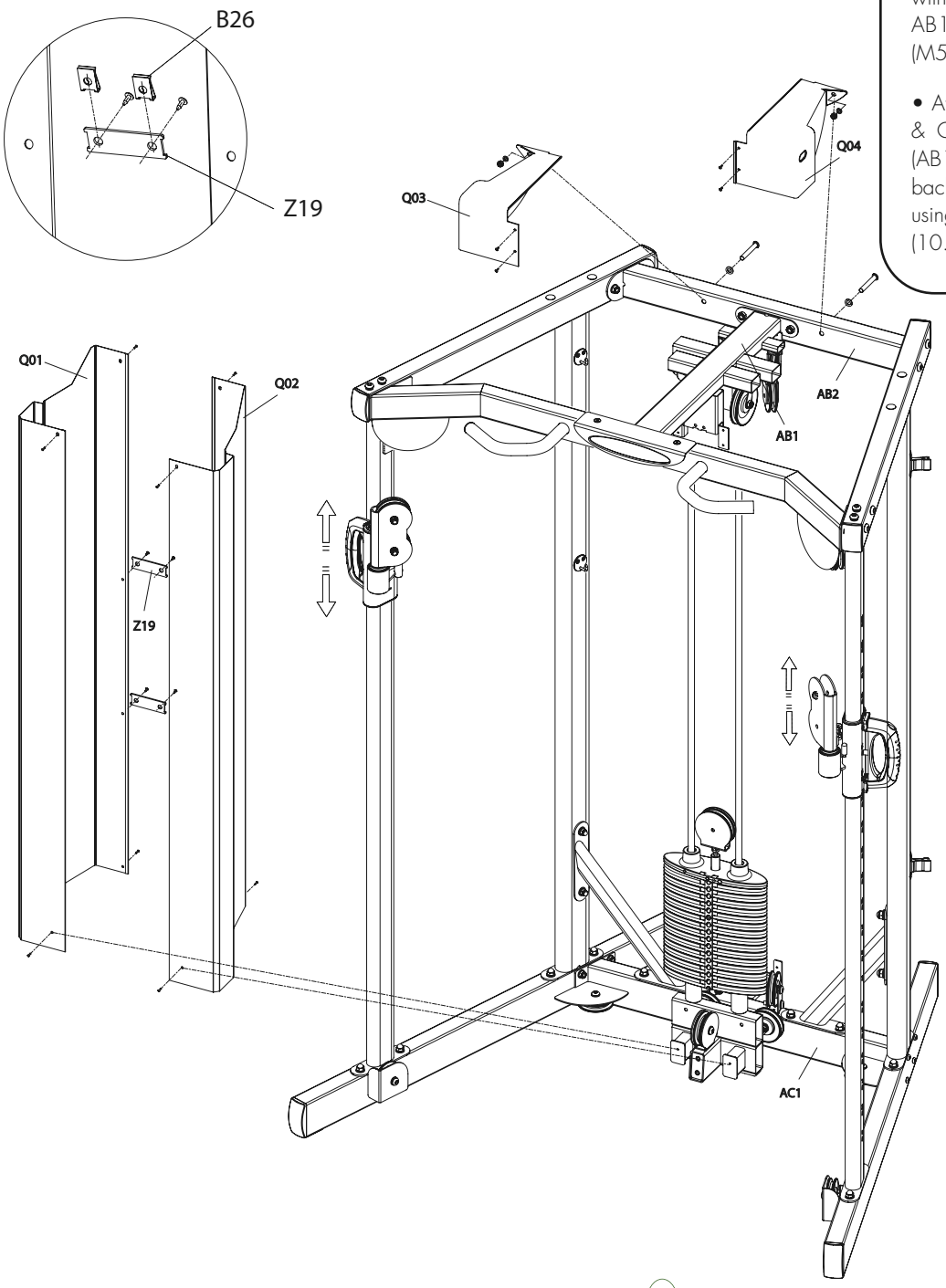
STEP 9

BLACK BAG

NOTE: Before assembling shields, make sure all cable connection points are adjusted properly. The weight selector pin should be able to be inserted without obstruction. Check all three cable ends that accessories connect to. There shouldn't be more than 0.75" of cable slack (cable travel prior to weight stack movement) at any of these locations. Tighten cable termination bolts to decrease slack or loosen to increase slack.

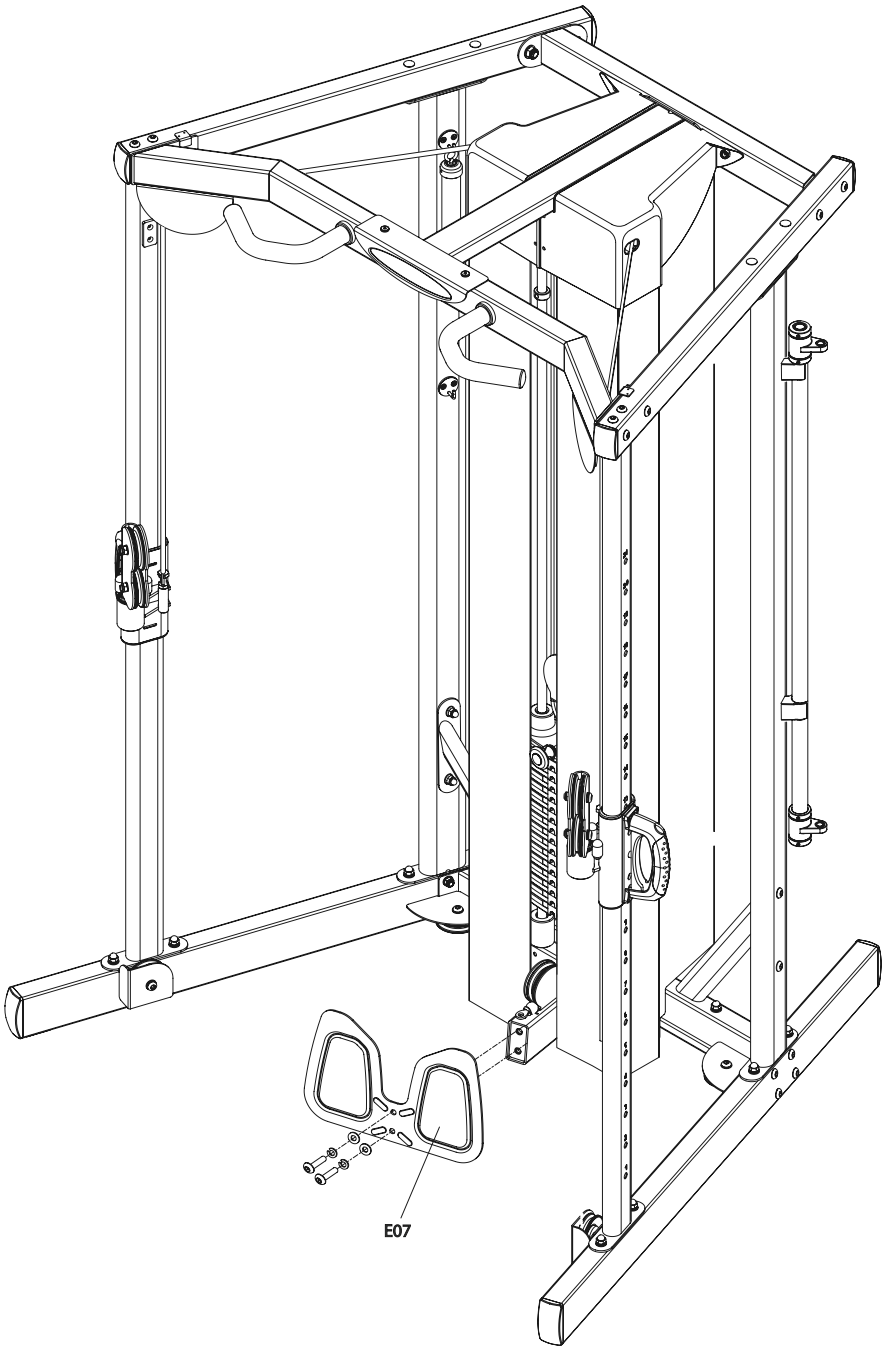
• Slide the slip-on nuts (B26) over the holes of the connecting brackets (Z19). Attach the two connecting brackets (Z19) to the inside of the right shield (Q02) with two bolts (M5x10). Make sure the brackets are positioned parallel to the floor when tightened. Loosely fasten the right shield to AB1, AC1, and AB2 with four bolts (M5x15). Line up the left shield (Q01) with the holes in the rear connecting brackets (Z19) and attach with two bolts (M5x10). Attach the shield to AB1, AC1, and AB2 with four bolts (M5x15). Tighten all bolts.

• Attach the left and right top shields (Q03 & Q04) to the top center pulley support (AB1) using four bolts (M5x15). Attach the back of the top shields to the top rear frame using two bolts (M10x70), four flat washers (10.2x22x2) and two nylon nuts (M10).

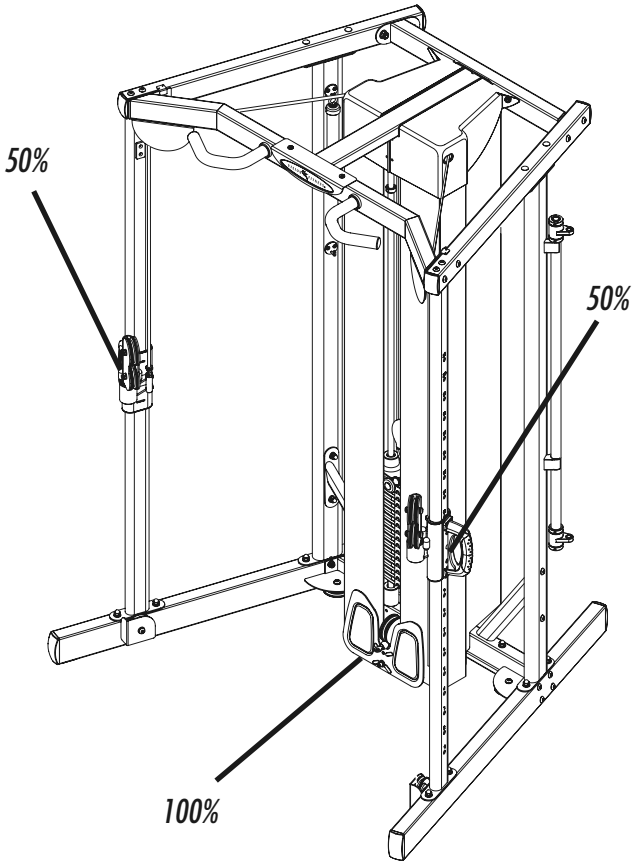


STEP 10 YELLOW BAG

Secure the foot plate (E07) to the center floor support using two bolts (M10x25), two lock washers (10.2x18.4x2.5) and two flat washers (10.2x22x2).



EFFECTIVE RESISTANCE



Weight Stack	50%	100%
10	5	10
15	7.5	15
20	10	20
25	12.5	25
30	15	30
35	17.5	35
40	20	40
45	22.5	45
50	25	50
55	27.5	55
60	30	60
65	32.5	65
70	35	70
75	37.5	75
80	40	80
85	42.5	85
90	45	90
95	47.5	95
100	50	100
105	52.5	105
110	55	110
115	57.5	115
120	60	120
125	62.5	125
130	65	130
135	67.5	135
140	70	140
145	72.5	145
150	75	150
155	77.5	155
160	80	160

RESISTANCE TRAINING BENEFITS AND TIPS

Always consult a physician before starting an exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of resistance training. Now that you have assembled your VISION FITNESS gym, it is only natural that you want to get started immediately. First, determine a few realistic, short term goals and expectations for yourself. Choose an appropriate exercise routine that best suits your individual needs. Any of the 3 programs, explained in the Training Programs section below, is a great starting point.

Warm up properly before engaging in resistance training. Stretching, yoga, jogging, calisthenics, or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and ensure that you work the proper muscle groups.

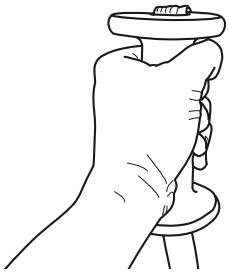
Know your limitations. If you are new to resistance training or are starting back, after an extended layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. As a general rule of thumb: inhale on the non-exertion part of the movement and exhale during the exertion portion. Never hold your breath.

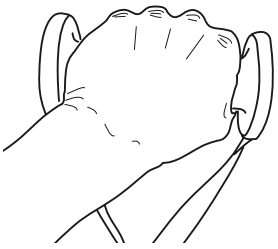
Keep in mind how important the recovery phase is in achieving your goals. The general rule is to allow a minimum of 48-72 hours before training the same muscle/s. If you still experience soreness after this period of time has elapsed, take a few additional days until the soreness has subsided.

Use this manual to guide you through the basic exercises you can perform on your VISION FITNESS gym. To achieve maximum results and avoid possible injury, consult a fitness professional to formulate a complete exercise program.

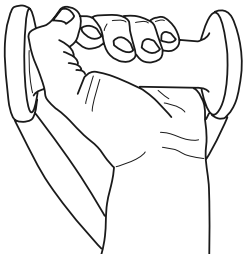
WORKOUT VARIATIONS



NEUTRAL GRIP



OVERHAND OR PRONATED GRIP



UNDERHAND OR SUPINATED GRIP

TRAINING PROGRAMS

MUSCULAR ENDURANCE

A program that stresses moderate intensity, a lower amount of resistance, and higher repetitions (anywhere from 13-100 or more). These types of sets will take longer to complete. This type of training conditions the muscles for activities that stress the slow twitch muscle fibers of your body. This is beneficial for sustaining energy over moderate periods of time.

MUSCULAR STRENGTH

A program that stresses high intensity, a higher amount of resistance, and lower repetitions (anywhere from 6-12). These types of sets will take a shorter period of time to complete. This type of training conditions the muscles for activities that stress the fast twitch muscle fibers of the body. This is beneficial for activities that require short bursts of speed and power.

SPRINT 8

This program is exclusive to VISION FITNESS exercise equipment. This is a program that stresses high intensity, a moderate amount of resistance, and as many repetitions that a person can perform in a specified period of time (usually 20-30 seconds). This program works especially well for the time crunched exerciser. It allows you to work both the slow and fast twitch muscle fibers of the body. This program gives you a good cardiovascular and strength workout. The thing that is most appealing about this program is that an individual can complete it in 20 minutes.

This is how the program works:
The person picks the number of exercises they want to perform. Examples would be 1, 2, 4, or 8 exercises. The individual completes a 3 minute warm up with a brisk walk or on a piece of cardiovascular equipment. After the warm up is complete, the user begins performing the first exercise maintaining a high intensity pace throughout the determined amount of time (20-30 seconds). After this period of time, the individual can perform an active, low intensity recovery phase, stretching, or complete rest. This should last 1.5-2 minutes or less, if you are at a higher fitness level. After the recovery phase, the individual performs the second high intensity exercise for the required amount of time (20-30 seconds). This is followed by the second recovery phase. This process repeats until you are done with 8 high intensity intervals. Finish the workout by completing a 3-5 minute very low intensity cool down.

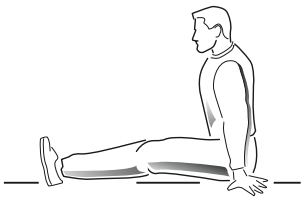
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

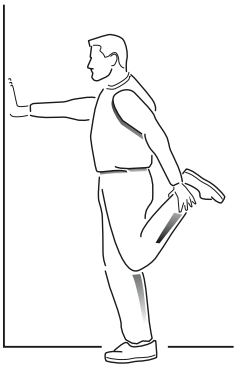
SEATED TOE TOUCH (HAMSTRINGS & LOWER BACK)

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



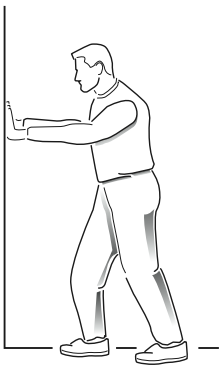
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



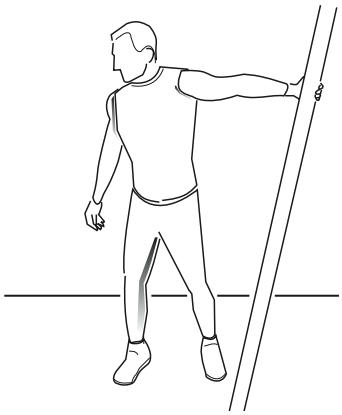
STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



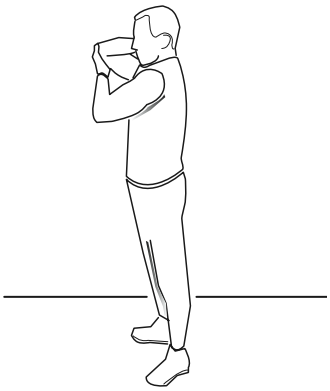
BICEP/CHEST STRETCH

Grasp an immovable object (pole or corner of a wall) with your feet planted firmly and evenly on the floor. With the palm of your stretched side facing forward, rotate your hips away from that hand. ***Be careful not to rotate too far or hyperextend the elbow joint.*** Hold the stretch for 15 to 30 seconds. Repeat with the opposite side, and continue to alternate as necessary.



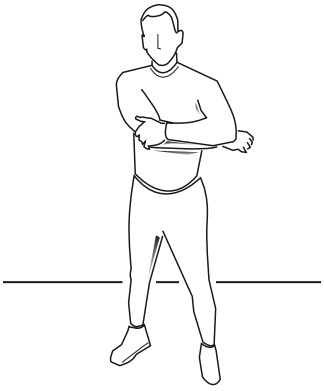
TRICEP STRETCH

Stand erect with your eyes fixated straight ahead. Raise and bend your right arm until your forearm is parallel to the floor (palm down). Grasp the area below the right elbow with your left hand. Gently apply a constant upward force for 15 to 30 seconds. Switch arms and repeat as necessary.



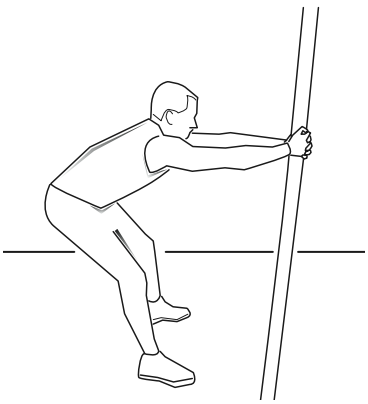
SHOULDER STRETCH

Make sure your feet are even and planted firmly on the floor. Grasp your right arm, behind the elbow, with your left hand. While keeping both elbows bent, apply a gentle, constant pull to the left for 15 to 30 seconds. Switch arms and repeat as necessary.

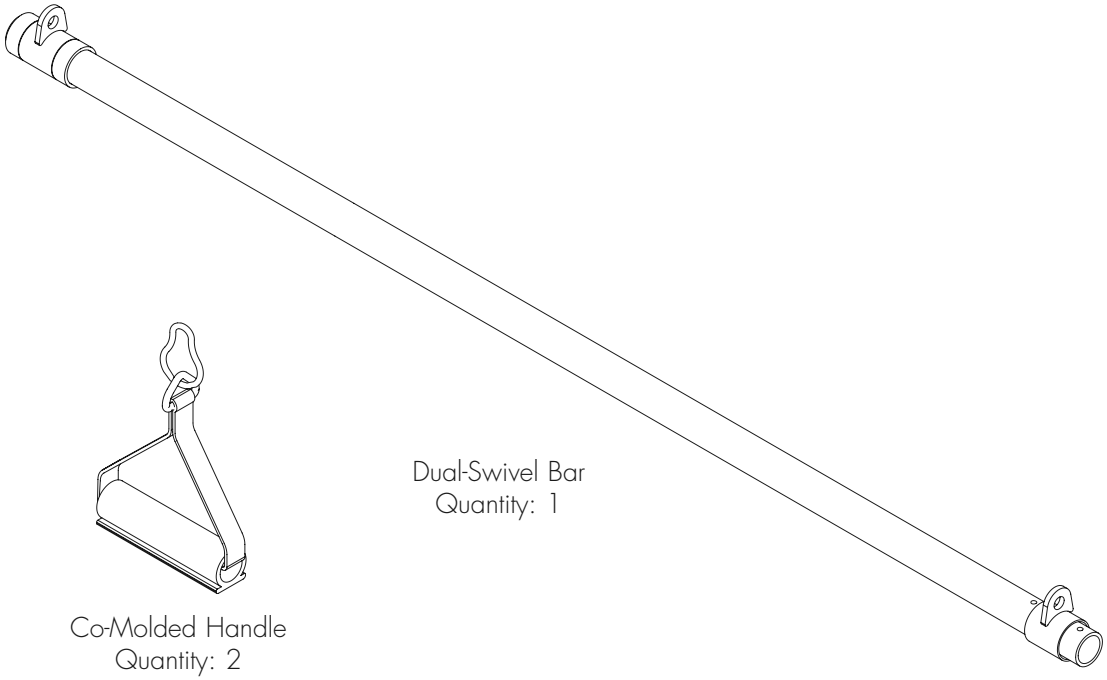


UPPER BACK STRETCH

Stand facing an immovable object, feet even and flat on the floor. Grasp the object (fingers interlocked or one hand over the other) and slowly move your hips to the rear. ***Be very careful not to round your back.*** Only stretch as far as your comfort zone. Hold for 15 to 30 seconds and repeat as necessary.

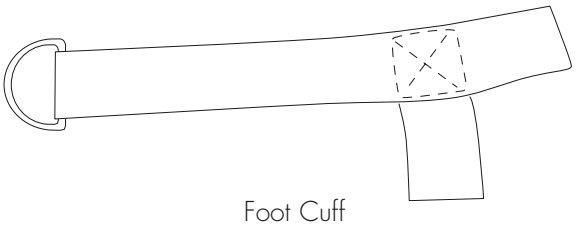


INCLUDED ACCESSORIES

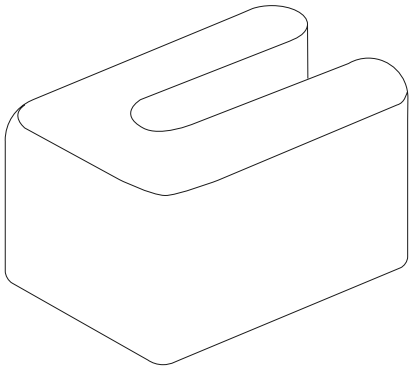


Dual-Swivel Bar
Quantity: 1

Co-Molded Handle
Quantity: 2



Foot Cuff
Quantity: 2



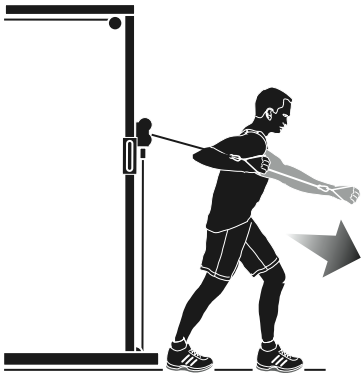
5# Add-on Weight
Quantity: 1

Sport Handle
Quantity: 1

ST700 FUNCTIONAL TRAINER EXERCISES

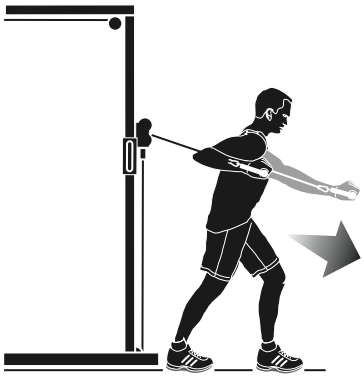
CHEST FLYE (PECTORALS & ANTERIOR DELTOIDS)

Adjust each side to desired height and attach individual handles. Take a step forward and position feet accordingly; With your palms facing one another or down and elbows slightly bent, bring your hands together in an arc motion meeting at the midline of your body. Pause briefly, then return to start position and repeat.



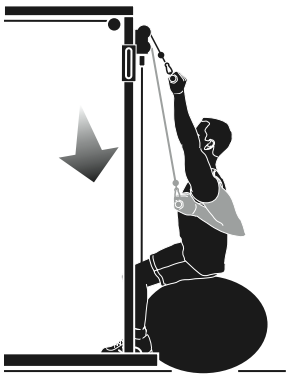
CHEST PRESS (PECTORALS, TRICEPS, AND ANTERIOR DELTOIDS)

Adjust each side to the desired height and attach either the individual handles or the multi-swivel bar. Take a step forward and position feet in the desired formation. Push hands straight forward until reaching full extension. Slowly return to start position and repeat.



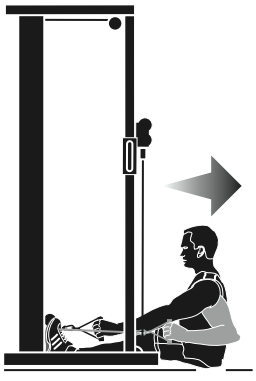
LAT PULLDOWN (LATISSIMUS DORSI AND RHOMBOIDS)

Adjust each side to the top hole and attach either the individual handles or multi-swivel bar. Sit on the floor, stability ball, or bench and grasp handles or bar with desired grip. Pull down from full extension to your collarbone. Slowly return to start position and repeat.



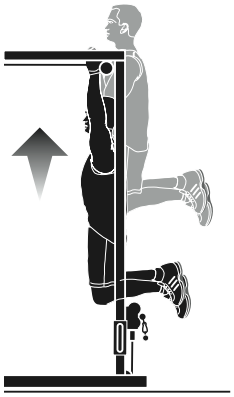
SEATED ROW (LATISSIMUS DORSI, RHOMBOIDS, AND POSTERIOR DELTOIDS)

Attach both individual handles to the low center karabiner. Sit on the floor with feet resting on the footplate, legs partially bent. Grasp handles with desired grip. Start at full arm extension, without rounding your lower spine. Pull handles into upper abdomen, while slightly arching your lower spine. Slowly return to start position and repeat.



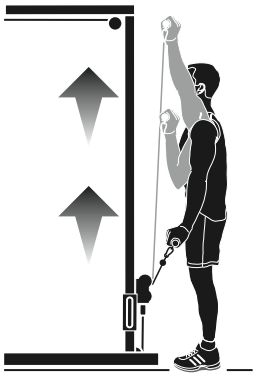
PULL/CHIN UP (LATISSIMUS DORSI, TRAPEZIUS, AND BICEPS)

Grasp the handlebars with a pronated (overhand), supinated (underhand), or neutral grip (palms facing one another). If possible, begin hanging with arms at full extension; Pull straight up until your chin reaches hand height or higher. Slowly return to start position and repeat.



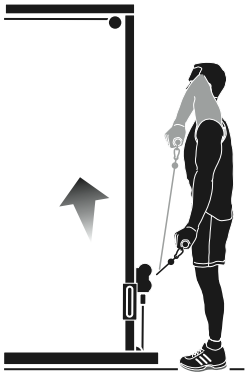
MILITARY PRESS/CLEAN & JERK (ANTERIOR & MEDIAL DELTOIDS, LUMBAR SPINE, HAMSTRINGS, GLUTES, QUADRICEPS, AND FOREARM GROUP)

Adjust each side to knee level or slightly higher and attach the multi-swivel bar. Grasp the bar with a pronated (overhand) grip at shoulder width or narrower; Looking straight ahead with knees slightly bent, clean the weight to shoulder height and press directly overhead, until full arm extension is achieved. Be careful not to arch your back excessively when finishing the press movement. Slowly return to start position and repeat.



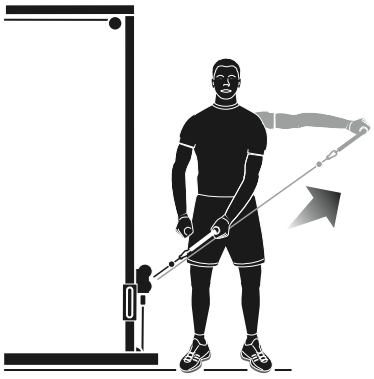
UPRIGHT CABLE ROW (DELTOIDS & TRAPEZIUS)

Position each side to knee height. Attach the multi-swivel bar. Reach down and grasp the bar evenly with a narrow pronated grip (overhand). Stand erect with arms at full extension. Keeping the bar as close to your body as possible, pull the bar straight up to chin level. Your elbows should flare out to the sides. Slowly lower and repeat.



SIDE LATERALS (MEDIAL DELTOIDS & TRAPEZIUS)

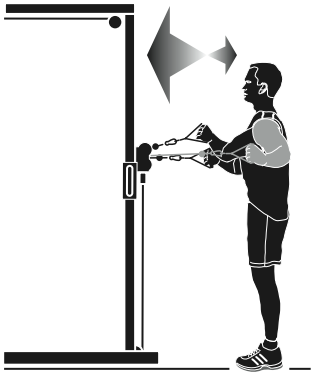
Attach the individual handles to each side and adjust so that the handle on one side is at upper thigh height and the opposite side is two holes lower. While facing the machine, grab the right side with your left hand and the left side with your right hand, using a neutral (palms facing one another) grip. With your elbows and knees slightly bent, head fixated straight ahead, pull the handles up and out to the sides, stopping at shoulder height. Pause briefly, before slowly returning to the start position. Repeat.



ST700 FUNCTIONAL TRAINER EXERCISES (continued)

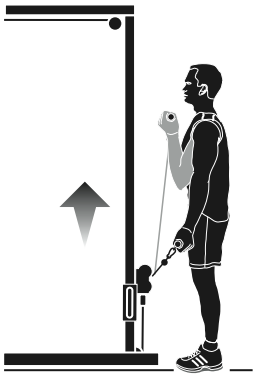
REAR LATERAL (POSTERIOR DELTOIDS & RHOMBOIDS)

Attach the individual handles to each side and adjust so that the handle on one side is at shoulder height and the opposite side is two holes lower. While facing the machine, grab the right side with your left hand and the left side with your right hand, using a pronated (palms facing the floor throughout the movement) grip. With your elbows and knees slightly bent, head fixated straight ahead, pull the handles out and back in an arc motion, squeezing your shoulder blades together. Don't allow your elbows to drop from the start height. Slowly return to the start position and repeat.



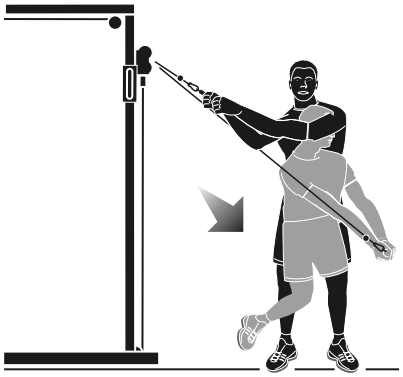
CURL (BICEPS BRACHII & BRACHIALIS)

Adjust each side to mid-thigh height and attach either the individual handles or the multi-swivel bar. With your upper arms into your sides throughout, arms fully extended, eyes fixated straight ahead, and knees slightly bent, curl the attachment to shoulder height. Slowly return to the start position and repeat.



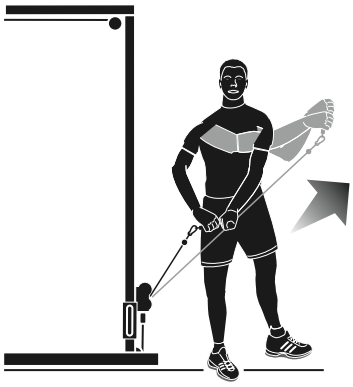
WOOD CHOP (DELTOIDS, LUMBAR/THORACIC SPINE, INTERNAL & EXTERNAL OBLIQUES, AND TRANSVERSE ABDOMINUS)

Adjust a single side to one of the top three holes and attach an individual handle, a foot cuff, or the sport bar. Grasp the apparatus with the desired grip and take a couple of steps forward. Position your body so that your hips are diagonal to the exercise start position. Reach up and across your body, pulling the apparatus down to or below the opposite knee. Concentrate on keeping your knees and elbows slightly bent and rotating at the hips. Slowly return to the start position and repeat. Switch sides and repeat process after desired number of repetitions are completed.



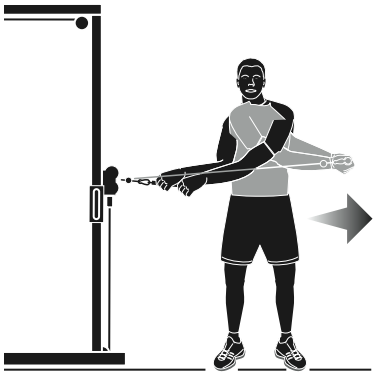
REVERSE WOOD CHOP

adjust a single side to one of the bottom three holes and attach an individual handle, foot cuff, or the sport bar. Grasp the apparatus with the desired grip and take a couple of steps forward. Position your body so that your hips are diagonal to the exercise start position. Reach down and across your body, pulling the apparatus up to or past your opposite shoulder. Concentrate on keeping your knees and elbows slightly bent and rotating at the hips. Slowly return to the start position and repeat. Switch sides and repeat process after desired number of repetitions are completed.



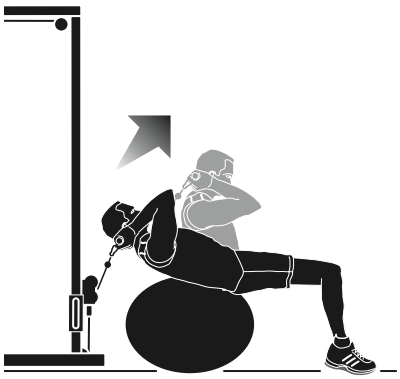
HORIZONTAL ROTATION (LUMBAR/THORACIC SPINE, INTERNAL & EXTERNAL OBLIQUES, TRANSVERSE ABDOMINUS, AND LATISSIMUS DORSI)

Adjust a single side between shoulder and hip height and attach an individual handle, a foot cuff, or the sport bar. Grasp apparatus with the desired grip and take a couple of steps forward. Align your body so that your hips are diagonal to the exercise start position. Pull the apparatus across your body, finishing with arms at or close to full extension. Concentrate on keeping your knees and elbows slightly bent and rotating at the hips. Slowly return to the start position and repeat. Switch sides and repeat process after desired number of repetitions are completed.



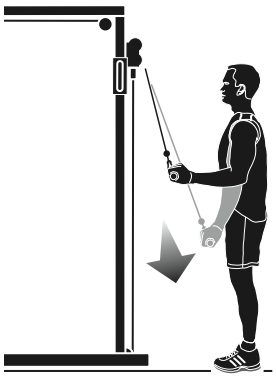
STABILITY BALL CRUNCH (RECTUS ABDOMINUS)

Position each side to the lowest holes. Attach either the 2 individual handles, 2 foot cuffs, or the multi-swivel bar. Place a stability ball just in front of the attachments and lay on it face up. Grasp the attachments with an overrhand grip and fixate hands to just above each side of your head or drape them over each shoulder, whichever feels more comfortable. Sink your hips and crunch forward in an arc motion until your shoulder blades leave the ball. Concentrate on your abdominals doing the work. Your hands should stay stationary throughout the movement. Slowly return to the start position and repeat.



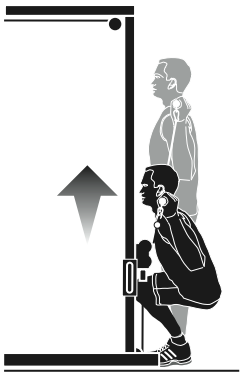
TRICEP PUSHDOWN (TRICEPS & ANTERIOR DELTOIDS)

adjust both sides to approximately shoulder height and attach either the multi-swivel bar or individual handles to each side. Grasp the bar/handles with either a pronated (overhand) or supinated (underhand) grip, bending elbows at a 90 degree angle. Push or pull down until reaching full arm extension or close to it. Concentrate on keeping your upper arms against your sides throughout the movement. Slowly return to start position and repeat.



BAR SQUAT (QUADRICEPS, HAMSTRINGS, AND GLUTEALS)

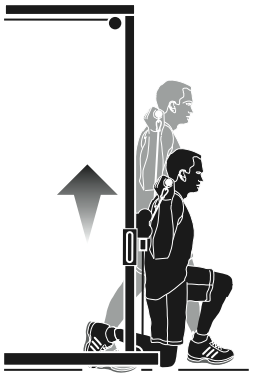
Adjust each side to mid thigh level or slightly lower and attach the multi-swivel bar. When using the bar, you will either rest it on your collarbone our upper back/shoulder area. With eyes fixated straight ahead and knees slightly bent, squat down keeping your head and chest up and your hips down. Be careful not to round your back as you descend. The ideal midpoint position is when your thighs are parallel to the floor. Pause briefly and return to the start position. Repeat.



ST700 FUNCTIONAL TRAINER EXERCISES (continued)

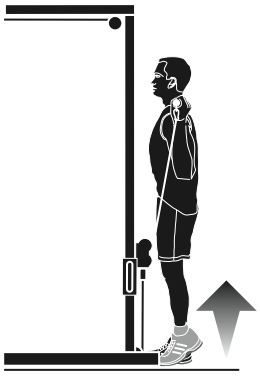
BAR LUNGE (QUADRICEPS, HAMSTRINGS, AND GLUTEALS)

Adjust each side to mid thigh level or slightly lower and attach the multi-swivel bar. When using the bar, you will either rest it on your collarbone our upper back/shoulder area. With eyes fixated straight ahead and knees slightly bent, step forward with one leg, into a split stance. Your leading leg should be approximately 2-2.5 feet in front of the other one. Squat down, keeping your head and chest up and hips down, being careful not to round your back as you descend. The ideal midpoint position is when your lead Quadricep is parallel to the floor and not extending out over your toes. Pause briefly and return to the start position. Repeat for the desired number of repetitions. Switch the position of your stance and repeat.

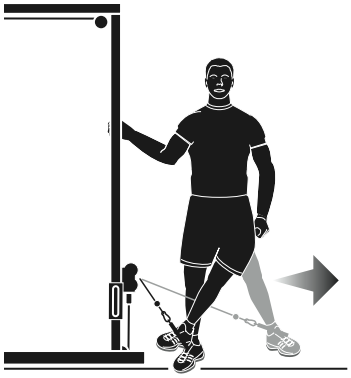


BAR CALF RAISE (GASTROCNEMIUS)

Adjust each side just below shoulder height. Attach the multi-swivel bar. Place your feet evenly and dip underneath the bar, carrying it on your upper back, above your shoulder blades. Raise the weight so that your legs are fully extended. Rise up on your toes as high as possible and hold for 1-2 seconds. Return to the start position and repeat.

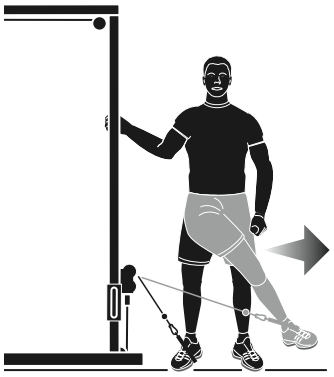


LEG ABDUCTION (GLUTEUS MEDIUS & MAXIMUS)



Position the handle in the lowest hole. Attach the foot cuff with the loop down. Place the foot of the working leg into the cuff, with the back portion of the strap against your heel and the loop around the bottom of your foot. Position your body so that it is side by side, in relation to the upright. Your working leg will be farthest from the upright. Stand far enough away from the upright so that you achieve full extension of the working leg. Grasp the upright with the hand opposite the working side. Start with your working foot above or crossed over the planted foot. Swing your foot out to the side as far as possible. Slowly return to the start position and repeat for the desired number of repetitions. Switch sides and repeat the process.

LEG ADDUCTION (GRACILIS, ADDUCTOR LONGUS & MAGNUS, PECTINEUS OR GROIN/ADDUCTOR GROUP)



Position the handle in the lowest hole. Attach the foot cuff with the loop down. Place the foot of the working leg into the cuff, with the back portion of the strap against your heel and the loop around the bottom of your foot. Position your body so that it is side by side, in relation to the upright. Your working leg will be closest to the upright. Stand far enough away from the upright so that you achieve full extension of the working leg. Grasp the upright with the hand on the same side as the working leg. Start with your foot 18-24" apart from the other one. Swing the working foot towards the midline of your body, until it meets your other foot. Slowly return to the start position and repeat for the desired number of repetitions. Switch sides and repeat the process.

MAINTENANCE SCHEDULE

FOR *BEST* PERFORMANCE WE RECOMMEND THE FOLLOWING MAINTENANCE SCHEDULE:

Check the integrity and function of the following parts. Replace all worn components immediately.

ITEM	DAILY	WEEKLY
CABLES CHECK END FITTINGS AND CABLE JACKET COATING. CHECK TIGHTNESS OF WEIGHT STACK LOCKING NUT. REPLACE CABLES ANNUALLY.	•	•
UPHOLSTERY WIPE DOWN AND DRY. CLEAN AND CONDITION.	•	•
FRAME WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX.	•	•
CHROME WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX.	•	•
NUTS/BOLTS/FASTENERS TIGHTEN AND/OR ADJUST AS NEEDED.		•
GUIDE RODS LUBRICATE AND CLEAN.		•
ADJUSTMENTS/LOCKING PINS/ TIGHTENING KNOBS		•
WEIGHT STACK PIN		•
WARNING/INSTRUCTION LABELS		•
ANTI-SKID GRIP TAPE		•
HAND GRIPS		•

ST700 COMMERCIAL WARRANTY*

COMMERCIAL USES DEFINED VISION FITNESS warrants the *ST700* model Functional Trainer for use in commercial facilities. Examples of commercial facilities include but are not limited to: Hotels; Resorts; Police and Fire Stations; Apartment Complexes; Rehabilitation and Sports Medicine Clinics; Hospitals; Elementary, Middle, and High Schools; YMCAs; Private Health Clubs; Colleges and Universities.

FRAME, WELDS, WEIGHT PLATES, & GUIDE RODS - LIFETIME VISION FITNESS warrants the Frame, Welds, Weight Plates and Guide Rods against defects in workmanship and materials for the life of the product, as long as it remains in the possession of the original owner.

BUSHINGS, ROTATING BEARINGS, & PULLEYS - FIVE YEARS VISION FITNESS warrants these components against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

CABLES, LINEAR BEARINGS, SHAFTS, & OTHER PARTS - ONE YEAR VISION FITNESS warrants these components against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. This warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at **www.visionfitness.com**. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new treadmill. Thank you for selecting a VISION FITNESS product.

**ST700* Commercial Warranty valid in North America only

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
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Saturday					
Totals					

Week

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
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Scheduled Workout Time: _____

Reward: _____

Day	Date	Exercise	Sets	Reps	Weight
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it all starts with a

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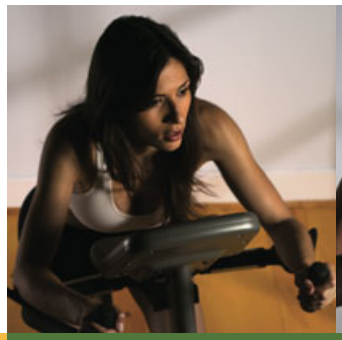

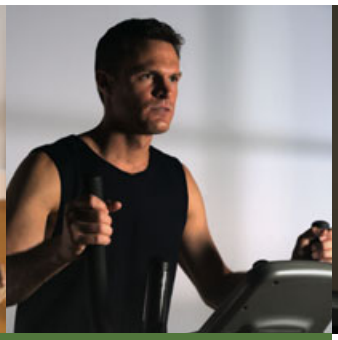

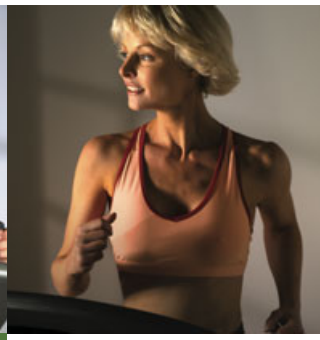

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